

Iron Is Greatest of All Strength Builders, Says Doctor

A Secret of the Great Endurance and Power of Athletes

Ordinary Nourished Iron Will Make Delicate, Nervous, Run-down People 200 Per Cent Stronger in Two Weeks' Time in Many Cases.

NEW YORK, N. Y.—Most people foolishly seem to think they are going to get renewed health and strength from some stimulating medicine, secret nostrum or narcotic drug, said Dr. Bauer, a well-known specialist, who has studied widely both in this country and Europe, when, as a matter of fact, real and true strength can only come from the food you eat. But people often fail to get the strength out of their food because they haven't enough iron in their blood to enable it to change food into living matter. From their weakened, nervous condition they know something is wrong, but they can't tell what, so they generally commence doctoring for stomach, liver or kidney trouble, or symptoms of some other ailment caused by the lack of iron in the blood. This thing may go on for years, while the patient suffers untold agony. If you are not strong or well, you owe it to yourself to make the following test. See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times a day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the while double their strength and endurance and entirely get rid of all symptoms

of dyspepsia, liver, and other troubles in from ten to fourteen days' time simply by taking iron in the proper form. After this after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate, or tincture of iron simply to save a few cents. You must take iron in a form that can be easily absorbed and assimilated like nuxated iron if you want it to do you any good, otherwise it may prove worse than useless. Many an athlete or prize fighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the fray, while many another has gone down to ignominious defeat simply for the lack of iron.

NOTE.—Nuxated iron recommended above by Dr. Bauer is not a patent medicine nor secret remedy, but one which is well known to druggists and whose iron constituents is widely prescribed by eminent physicians everywhere. Unlike the older iron compounds, it is easily assimilated, does not injure the stomach, and is a most potent remedy, in nearly all forms of indigestion as well as for nervous, nervous conditions. The manufacturer has such great confidence in Nuxated Iron that they offer to forfeit \$100.00 to any charitable institution if it fails to make any man or woman who takes it who takes iron and increases their strength 200 per cent or over in four weeks' time, provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed in this city by James O'Donnell, 904 F St. N. W., People's Drug Store, and all other druggists. Ad.

TORPEDO PATROL OF COAST URGED

Dr. Nevil Munroe Hopkins Tells Women at Chevy Chase Camp of Scheme.

A NAVAL AUXILIARY

Suggests a Potomac Division Utilizing River's Pleasure Boats and Corps of Instructors at G. W. U.

With a statement of the plan by which it is proposed to create a volunteer torpedo patrol for service along the coasts as an auxiliary to the navy in the event of war, Dr. Nevil Munroe Hopkins addressed the Women's Service Camp at Chevy Chase yesterday afternoon.

The time has come in this country to develop methods to defeat the submarine, according to Dr. Hopkins, and the proposed scheme is to train men who are willing to devote a portion of their spare time to it by utilizing the services of the country's engineering schools and colleges and the fast yachts and motor boats of the various yacht clubs.

Would Use G. W. U. Men.

"Let us take the watchmen and the members of the United States power squadron here at Washington, who patrol the Potomac river, and the corps of professors and instructors of the George Washington University in the heart of the city.

"According to the present plan it is proposed to form the volunteer division of the United States at Washington and to give theoretical instruction as well as practical training in river and harbor and coastwise navigation, marine engineering, signaling, in wireless telegraphy, in first aid treatment, in the fundamentals of chemistry, manufacture and handling of explosives, torpedo practice, the use of electricity and electrical devices in war, the manual of arms, drill instruction, in wind and weather and the laws of storms, and in such other subjects as may be introduced from time to time.

"Following Dr. Hopkins, Dr. Robert E. Osgood, of Boston, told of his experiences at the Base Hospital in Paris. He went to the front as a member of the first Harvard unit of the American Ambulance Service.

Boy Scout Exhibit Today.

The committee on lectures and conferences, of which Mrs. Sidney Ballou is chairman, has maintained a high standard in choosing lecturers. Today, Frederick Hildebrand, of this city, who is recognized as an authority on military history, will address the camp. In addition there will be a Boy Scout exhibit.

Miss Georgia Schofield, first lieutenant of Company D, one of the most popular members of Washington's volunteer set, was officer of the day, with Corporals Catherine Crane, Margaret Strong, Florence Brakley, and Grace S. Lockwood as guards.

The camp seems to lose none of its attractiveness for visitors. They came in large numbers yesterday afternoon, and Miss Alice Stollenwerk, Miss Miriam Hubbard and Miss Sue Herie were designated as guides to pilot them about the tent city.

94 MERCHANTS BOOK FOR BOOSTER TRIP

Reservations Close Tomorrow Noon.

Committee on Arrangements Meets Today.

Henry Lansburgh, chairman of the booster committee of the Retail Merchants' Association, announced last night that reservations for the trip would finally close tomorrow noon.

In the meantime participation in the trip is open to as many business men as desire.

Mr. Lansburgh declared that the committee is delighted with the response made to invitations to join the boosters for the down-the-river and up-the-river trade boosting trip. The initial announcement of the trip was made two weeks ago, and during that period ninety-four participants sent in their names.

The booster committee, consisting of Henry Lansburgh, chairman, E. C. Graham, Claude E. Miller, Charles F. Crane and Joseph Berberich, will hold a meeting today at noon in the office of the Retail Merchants' Association for a conference with Capt. Bohannon of the Steamer Three Rivers. All of the paraphernalia for the trip will be loaded on board the Steamer Three Rivers before her sailing time today. This includes a player-piano and a social program from O. DeMott & Co. victrolas from E. F. Droop & Sons Co., a simplex moving picture projecting machine to be used by H. T. Cowling, chief photographer of the Recluse Service, and heavy cases of souvenirs and non-perishable edibles.

TOMORROW'S MENU.

"Even the ripest fruit does not fall into one's mouth without a kick that it might be opened."—Chinese saying.

BREAKFAST.

Baked Apple, Cereal and Cream, Bacon and Eggs, Breakfast Grains, Coffee.

LUNCHEON OR SUPPER.

Baked Beans and Corned Beef, Jam, Maltine.

DINNER.

General Soup, Washington Pie, Baked Onions, Buttered Potatoes, Green Pepper Salad, Roasted Meringue Pie.

Breakfast Grains—Stir together a cupful of oat and a half of flour, a teaspoonful of salt, a teaspoonful of baking powder. Pour into this a cupful of milk, add a beaten egg, and beat with large egg beater for five minutes. Bake in hot muffin pans.

Baked Beans and Corned Beef—Cover a quart of dried beans with cold water and let them stand overnight. Put over the fire in hot water with two pounds of corned beef. Boil until the beans begin to split. Drain, put the beans in a baking dish with the corned beef in the center. Pour over it a tablespoonful of molasses, a little hot water, and one tablespoonful of made mustard, all mixed together. Then add a cupful of boiling water, and bake slowly until brown and tender.

Buttered Spinach—Boil spinach until tender, drain thoroughly. Put in a chopping bowl, chop very fine. Put in a double boiler with a large tablespoonful of butter, a little salt and pepper, and a tablespoonful of cream. Heat thoroughly and serve, garnished with hard boiled eggs.

BAND CONCERTS

By the United States Marine Band at Potomac Drive, this afternoon at 5 o'clock. William H. Santelmann, leader.

PROGRAM.

March—"Clear for Action"—Blanchard Overton—"Saxophone"—Blanchard Overton—"Incidental music to 'Henry, the Eighth'"—Sullivan

By the United States Soldiers' Home Band, in the bandstand, this afternoon, beginning at 4 o'clock. John B. M. Zimmerman, director.

March—"Universal Freedom"—Blanchard Overton—"Saxophone"—Blanchard Overton—"Incidental music to 'Henry, the Eighth'"—Sullivan

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25 PRIESTS BANQUET AT COLLEGE REUNION

Graduates of St. Charles College Gather at Hotel Gordon After Separation of Eight Years.

Last night at a banquet in the Hotel Gordon the graduates of St. Charles College gathered together for the first time since their separation of eight years. In June, 1908, the graduating class of St. Charles College, thirty-five strong, came to this city for their graduation banquet and a four-day stay in the capital.

After having studied in universities and seminaries in Europe and the United States, and been ordained Catholic priests, twenty-five of this same group returned last evening to the hotel for their first and perhaps only reunion.

Speeches were delivered last night by Rev. C. D. Hogue, of Cleveland; Rev. E. F. Harrigan, and Rev. Francis J. Hursey, of this city.

Today the members of the class are to be guests of the faculty of the college at Catonsville, Md., at a dinner.

Those in attendance last evening were: Rev. Francis J. Hursey, Sacred Heart, this city; president, A. A. Martin, St. Charles College, vice president, E. F. Harrigan, secretary, T. J. Calen, treasurer, J. T. Breslin, New York City; A. A. Cunningham, Albany, N. Y.; C. F. Ewald, Wytheville, Va.; J. B. Hebron, Lenni, Pa.; J. E. Greenan, Providence, R. I.; J. A. Heenan, Troy, N. Y.; W. C. Heffern, Cohoes, N. Y.; J. A. Lee, Porter, Del.; J. J. May, Charleston, S. C.; M. A. Lawler, Wilmington, Del.; R. P. McGarvey, Eschleford, Pa.; J. V. McCord, Millville, N. J.; N. A. Moore, Trenton, N. J.; W. J. Maalis, Peckskill, N. Y.; A. J. Neider, Rockford, Ill.; K. Oleksinski, Wilmington, Del.; G. A. Walsh, Camden, N. J.; J. T. Wood, Buffalo, N. Y.; A. A. Mulvey, New York City; J. H. Hogue, Cleveland, W. T. O'Brien, Jamaica Plain, Mass.; and R. T. Hillcock, Morristown, N. J.

HOROSCOPE.

"The stars incline, but do not compel."

Wednesday, May 10, 1916.

According to astrology, this is an unfortunate day, since Venus, the Sun, Uranus, and Mars are all in evil aspect and Jupiter alone is friendly.

In the early hours it is well to be exceedingly careful in all important matters.

Women should be exceedingly cautious in all love affairs, as they are likely to be easily deceived and greatly disappointed.

It is not a good rule under which to make new friends of the popular set.

The middle-aged again are warned of a tendency toward sentimentality that may be easily produced by this position of the stars.

Mars indicates a sudden sharpening of interest in military affairs.

There is a sign fairly auspicious for commercial transactions. Bankers and financiers should profit from this way.

The Sun gives sinister warning. Under this direction it is most unwise to seek favors of any sort.

There is a sign indicating a tendency toward egotism and pride on the part of persons in public place. This may cause misfortune for certain ambitious politicians.

In states where women have the franchise there may be surprising incidents followed by extraordinary results for favorite candidates for high office, the seers declare.

Honors for women will balance certain revelations that may be unpleasant concerning well-known personalities.

Astrology indicates a new vogue for flowers or rather an increased use of them, owing to some sort of a philanthropic movement.

Cyclones may be more prevalent this season than for many previous years.

Fame for a preacher who will come from the West is prognosticated.

The appearance of many teachers of mysterious creeds is again predicted.

Persons whose birthdate is 11 should pursue routine ways during the coming year.

Children born on this day may meet many vicissitudes in life. Secret enemies often retard the progress of these subjects of Taurus.

(Copyright, 1916.)

Achy Joints Foretell Trouble

A creaky joint often predicts rain.

It also foretells inward trouble. It may mean that the kidneys are not filtering the blood and are allowing poisonous uric acid to clog the blood and cause trouble.

Bad backs, rheumatic pains, sore, aching joints, headache, dizziness, nervous troubles, heart flutterings, and urinary disorders are some of the effects of weak kidneys and if nothing is done there's danger of dropsy, gravel or Bright's disease. Use Doan's Kidney Pills, the most widely used, the best recommended kidney remedy in the world.

Washington People Testify:

John C. Harper, city treasurer, 1116 G St. S. E., says: "At times the pains are so severe across my kidneys that I can hardly get up or down. The action of my kidneys is irregular and the kidney secretions are unnatural. Use Doan's Kidney Pills, procured from Fealy's Drug Store, at those times and I am always fixed up in excellent shape."

DOAN'S KIDNEY PILLS

50¢ at all Drug Stores

Foster-McMillan Co. Props. Buffalo, N.Y.

SENATORS SEE HUGHES WINNER

G. O. P. Leaders of Different Sentiments Believe Justice Will Get Nomination.

HARDING IS CONSIDERED

Ohio Member of Senate Grows in High Favor as "Dark Horse" Candidate.

Three Republican Senators from three different sections of the country were asked yesterday what they thought would be the outcome of the Chicago convention in the way of a nomination for President.

One of these from the East declared that while he was committed to a favorite son, he expected to see Justice Hughes nominated on the second or third ballot.

Another from a Middle Western State said: "I would like to see Senator Root or Senator Weeks nominated, but I believe that it will be hard to prevent the nomination of Justice Hughes. I have been keeping in touch with the sentiment in the Middle West and it will be hard to keep the delegates away from Hughes after the second ballot."

A Senator from the Far West, a Progressive, said: "The nomination of Justice Hughes is as certain at Chicago as is the nomination of President Wilson at St. Louis."

These Senators represented varying shades of sentiment, one being ultra-conservative and in close touch with the allies' campaign organized to prevent the nomination of Roosevelt or Hughes.

Another is conservative but friendly to Col. Roosevelt, and the third is a Roosevelt man and would be pleased to see him nominated.

Meanwhile, the quiet undercurrent sentiment for Senator Harding of Ohio.

THE NEW MEN'S SHOP

G STREET—TWO DOORS EAST OF ELEVENTH.

Avoid the Danger Line

The too-cheap is the danger line. This new shop has never and will never lower quality in order to lower price. The danger line is never crossed here—this shop protects its patrons in protecting itself.

New "Pinch-back" Suits, \$14.50

There's no danger line near—your most critical friend will credit you with a suit made by an expert tailor costing more than twice \$14.50.

With a designer earning and getting \$10,000 a year and with specialists for every detail of the making, these Suits are as far from the danger line as the equator is from either pole.

A. LISNER PALAIS ROYAL Hours 9 to 6 G Street.

among the regulars grows rapidly. He is in high favor as a "dark horse."

Harold J. Rahlly has received an appointment as junior mining engineer in the Bureau of Mines.

Both Baby and Mother Find Health and Strength in

VINOL

The Modern Tonic

A general tonic, recommended for delicate people to build up the system.

For Impaired digestion, impoverished blood and run-down conditions.

Vinol

CONTAINS 10% OF ALCOHOL

A MODERN TONIC

Vinol is recommended to improve the appetite, give tone to the stomach, build up certain run-down conditions, and promote strength, thus acting as a general tonic.

It is recommended to assist in the proper assimilation of food and to give to the other organs of the body sufficient vigor to perform their functions.

Especially recommended as a tonic for Elderly People, Weak Women, and Pale Children, and during Convalescence. For Chronic Coughs, Colds, and Bronchitis. It is valuable in the treatment of certain conditions of General Weakness, Torpor, Physical Exhaustion, Loss of Flesh, Lack of Animation, Impoverished Blood, Indigestion, Loss of Appetite, and in general where a good tonic is needed. It is agreeable to the most delicate stomach.

Here's the Prescription

So You Know Exactly What You Are Taking

R Iron and Manganese Peptonates.

Iron and Ammonium Citrate.

Lime and Soda Glycerophosphates.

Beef and Cod Liver Peptonates.

Cascara, Sodium Salicylate (from natural oil Sweet Birch).

SOLD WITH THIS GUARANTEE:

If this bottle of Vinol does not benefit you after you have faithfully taken it for some ailment for which it is recommended, you may return the empty bottle to the druggist from whom you got it, and have your money returned. This covers the use and return of one bottle only.

\$1 Per Bottle

O'DONNELL'S, 904 F St. N. W.

Daily Talks By Mary Pickford

GETTING OUR GOAT.

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IF YOU had only asked me a few days ago, "Now, who ran away with your goat?" it would have driven me to despair, because some one did actually elope not only with the mascot of the company, but with one of our prized actors, as well.

I am not talking about my "goat of slang," but Mr. Billy Whiskers, who was actually starring with me in our last picture, "Hulda From Holland," and this is how it all came about.

Billy Whiskers was never particularly popular with us because he not only had the goatish kind of a disposition, but a very bad habit of butting in—surprisingly! So had we this manner we had to warn all newcomers at the studio to keep a watchful eye upon him and avoid any conflict not agreeable to all parties concerned.

The only ones in the company he seemed to respect were the kiddies, and he even tolerated their pulling his whiskers or riding around on his back. This, of course, endeared him to the children, and a studio pet was made of this "devil on four feet," as our old Irish comedian called him.

A few days ago we had to take him to Bridgehampton, Long Island, where we went for locations which would photograph like old Holland, and there, out in the country, he made himself perfectly at home. He gambled over the green, after he had successfully chewed the rope which tied him, and "Cherchez la goat" became the company's watchword.

One afternoon, the director called us to duty, and there followed a universal powwow.

"In this scene the goat has got to die," began the director, but he got no further.

"Die?" we all echoed.

"Yes, die—it's written in the story and I don't see any way to get out of it," he apologized, looking from the script to Mr. Whiskers.

"It will be a pretty tough proposition killing Billy Whiskers," the leading man remarked. "I guess death is the only thing that will ever get that yellow goat. I know—I've come in personal contact with him."

"We don't care if the picture is never taken—you shan't kill Mr. Whiskers," the children wailed with despair.

"But the goat in the story eats green paint and dies!" And, sure enough, there it was written as one of the dramatic moments of Hulda's life in Holland.

Says Acid Stomachs Need Magnesia

Calla Blauzated Magnesia Safest, Quickest and Most Effective Food and Acid Stomach Corrective Yet Found.

The almost universal use of magnesia by physicians and specialists in the treatment of stomach troubles is due to the fact that it quickly neutralizes the excessive acid in the stomach and stops food fermentation—the direct cause of nearly all stomach trouble. Of the many forms of magnesia such as liquids, oxides, citrates, carbonates, sulphates, etc., the most suitable and efficient for stomach purposes is blauzated magnesia, a teaspoonful of which taken in a little water after eating or whenever indigestion is felt will instantly neutralize or dissolve the excessive acid, stop fermentation and make painless and normal digestion easy. Be sure to insist therefore that your druggist supply you with magnesia in the blauzated form—either powder or tablets. Stomach sufferers who follow this plan and avoid the use of peppin, charcoal, soda mint, drugs and medicines are astonished to find the stomach once relieved of the irritating acid and gas, soon regains its normal tone, and can do its work along without the doubtful aid of artificial digestants.

Answers to Correspondents.

H. J.—I do not know whether "Carmen" will appear at your local theater or not, but you could write to either of the companies which produced it and they will probably let you know.

Herbert G.—I do not think Kempion Greene was ever with the Vita-graph company, but, at any rate, he is at present with the Lubin company, Philadelphia.

Thana F.—I cannot recommend to you any specific dramatic school or school of playacting. Your education teacher, however, should be a very good judge, so why not follow her advice, especially as you say she has taken such great pains with you?

G. K. P.—I would be only too glad to comply with your request, but I have no time in which to read scenarios or plays. Send them to the scenario departments of the photoplay companies and I assure you they will receive careful attention.

School Girl—No, I do not advise you to leave school and try to act in the movies. If you do become an actress, you will find an education invaluable.

Jane F.—I cannot give you the recommendation you ask for, but write direct to the actress you mention and ask for an interview. I cannot promise you she will grant it, but state all the facts to her fully, as in your letter to me.

Mary Pickford.